

ABSTRACT

Enantiomerically pure (-)-3-(3,4-dimethoxy-phenyl)-3-(1-oxo-1,3-dihydro-
isoindol-2-yl)-propionamide, prodrugs, metabolites, polymorphs, salts, solvates, and
clathrates thereof are discussed. Methods of treating and/or preventing various diseases and
5 disorders, such as those ameliorated by the reduction of levels of TNF- α or the inhibition of
PDE4, are also disclosed.